



How Listening to Music Benefits Children

- **Strengthens Listening Skills**
- **Increases Attention Span**
- **Encourages Motor Skills**
- **Helps Boost Language Skills**
 - **Practice Social Skills**
- **Calms and Focuses the Mind**
 - **Reduces Depression**
- **Makes a commute less stressful, more enjoyable**
 - **Improves Memory**
- **Supports bonding with whomever is sharing the listening experience**
- **Can accelerate brain development**
 - **Provides joy**
 - **Decreases stress**
- **Increases and improves sleep**
 - **Can alleviate pain**
 - **Uses energy**
 - **Brings out personality**

Sources: Gari Stein, Kendall Deflin and Bright Horizons